



## Sustainable Seafood

**🚫 Trawling** is the practice of fishing with a net attached to a boat, and dragged along at a specific depth of the ocean. The net catches **everything** in its path. Fish in the net that are within a national or international quota are kept; anything which is over-quota is thrown back, **Dead**.

**🚫 "By-catch"** is undesirable sea life which is caught and then often discarded. As much as 90% of the living animals caught in trawling, long-lines, or drift nets is simply thrown back into the sea, **dead**. Non-food quality fish are ground up for pet food and animal feed. By-catch is often too young, too small, or economically unprofitable.

**🚫 How serious is the threat to the world's Fish Stocks? Serious.** Fish stocks of large (such as tuna, sea bass, and swordfish) and popular fish such as cod are 10% or less of what they were prior to the use of industrial fishing practices such as trawling, drift nets and long-line baiting systems.

**♥ Is eating farmed fish OK?** Half of the fish eaten world-wide is farmed. Many countries do not regulate seafood farming practices, with the result that wild stocks are harmed, the environment is polluted, disease enters the food-chain, as well as the wild environment from escaped farm fish. **Answer?** Always look for the "Country of Origin" and only buy food (and pet food) from countries with a history of reputable practices. Avoid seafood from Asian countries, including food that claims to be organic.

**♥ What about organic farmed fish?** Again, it's a good idea, but only if the fish comes from a country that has a history of reputable labeling, food safety, and inspection practices.

**♥ What about line-caught fish?** Again, it's a good idea, but only if the fish comes from a country that has a history of reputable labeling, food safety, and inspection practices.

## Ayrshire Farm

[www.AyrshireFarm.com](http://www.AyrshireFarm.com)

Ayrshire Farm Catering Company, Hunter's Head, and the Home Farm Store are certified by the Marine Stewardship Council as subscribing to an ethical code of business practices that support sustainable seafood.

**🚫 Polluted Seas = Polluted Food:** PCBs, arsenic, mercury, and other heavy metals do not disperse in sea water. They sink. Then bottom-feeding fish ingest the contaminants. Larger fish eat the smaller fish, and we eat the large fish, concentrating the amount of carcinogens in our food. For example, EDF cites caviar, swordfish, mahi mahi, and tuna all now contain contaminants over "safe" limits.

[www.oceanconservancy.org](http://www.oceanconservancy.org)  
[www.blueocean.org](http://www.blueocean.org)  
[www.edf.org](http://www.edf.org)

**🚫 Global Warming and Sea Acidification:** Carbon emissions cause both climate change and sea acidification, significantly and negatively impacting the viability of the marine food-chain at every level, including fragile, highly productive reef ecosystems, krill, and plankton.

[www.IUCN.org/about/work/programmes/marine](http://www.IUCN.org/about/work/programmes/marine)

### ♥ Sustainable Seafood Guide for the Southeast:

The Monterey Bay Aquarium Seafood Watch® program helps consumers and businesses make choices for healthy oceans. Seafood Watch recommendations are science-based, peer reviewed, and use ecosystem-based criteria to indicate "Best Choices," "Good Alternatives" and which seafood you should "Avoid."



[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_SoutheastGuide.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_SoutheastGuide.pdf)

**♥ Marine Stewardship Council** is a certification effort founded by a partnership of WWF and responsible members of the fishing industry, working to preserve natural ocean environments through scientific understanding of marine ecosystems, the promotion of sound ocean policy decision-making, and education on sustainable seafood choices, ocean policy, and world-wide marine conservation efforts. There is a section on the website on "what you can do". Do it.



[www.MSC.org](http://www.MSC.org)  
[www.seafoodsource.com](http://www.seafoodsource.com)  
[www.fish2fork.com](http://www.fish2fork.com)

**🚫 Pet Food:** Rather than throwing by-catch back into the sea, some fish are sold to pet food manufacturers. These companies have no regulation on what and how much they put in the food; there is also no reporting or monitoring requirement for contaminants. Fish by-products not saleable as human-grade food is nutritionally inconsistent and potentially harmful. If it's bad for you, it's bad for them.

[www.eho.com/facts\\_6911838\\_fish-contamination-canned-cat-food.html](http://www.eho.com/facts_6911838_fish-contamination-canned-cat-food.html)  
[www.edf.org](http://www.edf.org)

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